

Horseback Riding Classes – For Children and Adults!

6yrs – Adult

Connection, responsibility, commitment and caring are all part of the equine experience. The horse brings with it so much enjoyment. Riding lessons are an athletic/art form that is a partnership between the rider and horse, let us open the door for this great experience. Lessons include safety, grooming, tacking, adjusting equipment, riding positions, arena work, and bridle path training. Shoes/boots with a heel are required. Instructor: Judy Watson. Pre-registration required. Location: White Buffalo Horse Farm. *** Horseback riding classes are for youth and adults! \$120/\$140 (residents/non-residents)



Beginners

Fridays, 4:00pm – 5:00pm	Wednesdays, 4:00pm – 5:00pm
May 13 – June 3	May 18 – June 8
June 10 – July 1	June 15 – July 6
July 22 – August 12	July 20 – August 10
August 19 - September 9	August 17 – September 7



Beginners + All Levels

Saturdays, 10:00am -11:00am	Sundays, 10:00am – 11:00am
May 14 – June 4	May 15 – June 5
June 11 – July 2	June 12 – July 3
July 23 – August 13	July 24 – August 14
August 20 – September 10	August 21 – September 11

Intermediate

Fridays, 5:30pm – 6:30pm
May 13 – June 3
June 10 – July 1
July 22 – August 12
August 19 - September 9

Beginner Plus/Intermediate

Saturdays, 9:00am – 10:00am
May 14 – June 4
June 11 – July 2
July 23 – August 13
August 20 – September 10

Intermediate

Sundays, 9:00am – 10:00am
May 15 – June 5
June 12 – July 3
July 24 – August 14
August 21 – September 11





Outdoor Recreation



Beginning/ Intermediate Youth Tennis

11yrs – 18yrs

This course is for those learning the sport and teaches basic instruction. Proper tennis technique will be emphasized. Basic strokes including Forehand, Backhand, Volleys, Overheads and Serve will be mastered. This course will include the dynamic warm-up, quickness and agility movements; hand toss drills with corrections, racquet fed drills and minimal live ball drills. Class will be organized by George Christoforatos. Instructor: Certified teaching professionals, and players Mr. Christoforatos use to run his clinics.

Location: Memorial Park Tennis Courts

Mon. and Wed, 7:00pm – 8:00pm

April 4 – May 11

May 16 – June 22

\$60 per session for Monday only (residents/non-residents)

\$100 per session for both days

Advanced Youth Tennis

11yrs – 18yrs

This course is for players who have mastered the basic strokes and are interested in playing at a higher level. This class will include dynamic warm-ups, quickness and agility movements; high level tennis drills, and match play. Class will be organized by George Christoforatos. Instructor: Certified teaching professionals, and players Mr. Christoforatos use to run his clinics.

Location: Memorial Park Tennis Courts

Mondays and Wednesdays, 7:00pm – 8:00pm

April 4 – May 11

May 16 – June 22

\$60 per session for Monday only (residents/non-residents)

\$100 per session for both days

10 and Under Tennis Beginning/ Intermediate (Red Ball/Orange Ball)

0yrs – 10yrs

This course is for players who are learning the sport and need basic instruction. The national programming format for USTA will be utilized for this class. This will be a fun class with drills and games developed specifically for 10 and under development programs. Class will be organized by George Christoforatos. Instructor: Certified teaching professionals, and players Mr. Christoforatos use to run his clinics. Location: Memorial Park Tennis Courts

Mondays and Wednesdays, 6:00pm – 7:00pm

April 4 – May 11

May 16 – June 22

\$60 per session for Monday only (residents/non-residents)

\$100 per session for both days

10 and Under Tennis Advanced (Orange Ball/Green Dot Ball)

0yrs – 10yrs

This course is for those players who have mastered the basic strokes, and are interested in playing at a higher level. The national programming format for USTA will be utilized for this class. This will be a fun class with drills and games developed specifically for 10 and under development programs. Class will include dynamic warm-ups, quickness and agility movements; high level drills and minimal match play. Class will be organized by George Christoforatos. Instructor: Certified teaching professionals, and players Mr. Christoforatos use to run his clinics. Location: Memorial Park Tennis Courts

Mondays and Wednesdays, 6:00pm – 7:00pm

April 4 – May 11

May 16 – June 22

\$60 per session for Monday only (residents/non-residents)

\$100 per session for both days

Adult Tennis

18yrs & above

This course is for those players who have mastered the basic strokes and are interested in playing at a higher level. Class will include high level Singles and Doubles tennis drills and some match play. Situational tennis will also be reviewed in class. The class will be structured for those who are playing USTA team tennis or tournaments. Instructor: Certified teaching professionals, and players Mr. Christoforatos use to run his clinics. Location: Memorial Park Tennis Courts

Tuesdays and Thursdays, 7:00pm – 8:00pm

April 5 – May 12

May 17 – June 23

\$60 per session for Monday only (residents/non-residents)

\$100 per session for both days





Beginner & Advanced Pickleball

18yrs – Adult

Pickleball is the fastest growing adult sport in the country. Played on a badminton court with the net lowered to 34 inches, the sport encompasses elements of tennis, racquetball and ping-pong. All available courses are four (4) weeks in length and all equipment is provided. Each program lesson is open to a maximum of 12 participants. Registration begins May 17. Instructors: Mike Curry and Noel Lowery. Location: Memorial Park

Lesson Date(s)	Beginner Skills Lessons In the beginner's course, you will be taught the basic skills of the sport including equipment, game play, rules, scoring, strokes, serve and game etiquette. \$40/\$45 (resident/non-resident)	Advanced Skills Lessons The advanced course will teach skills, tactics and strategies to work on consistency in basic shots, coming to the nets and dinks. \$40/\$45 (resident/non-resident)
Thursdays, June 2-23, 2016	6:00 p.m.- 8:00 p.m.	9:00 a.m. – 11:00 a.m.
Thursdays, July 7-28, 2016	9:00 a.m.- 11:00 a.m.	6:00 p.m. – 8:00 p.m.
Thursdays, August 4-25, 2016	6:00 p.m.- 8:00 p.m.	9:00 a.m. – 11:00 a.m.
Thursdays, September 1-22, 2016	9:00 a.m.- 11:00 a.m.	6:00 p.m. – 8:00 p.m.

Fall Pickleball Showdown

This outdoor tournament will feature a drop flight bracket and partner combination may be either male or female. Tournament play is subject to change based on participant numbers. **Registration will begin July 26 for City and Non-City residents.** Deadline to register is September 1. There is a \$10 late registration fee. SPECIAL REGISTRATION FORM REQUIRED.

Location: Memorial Park
Thursday, September 15
9:00 am
\$25 per team

Interested In Joining Pickleball Ladder Play?

The Stafford, Fredericksburg & Spotsy Ladder League (SFS) will meet throughout the summer at area pickleball courts. For more information, please contact Noel Lowery at (540) 903-5251 or e-mail pickleballsfs@gmail.com

Open Play

Looking to have fun playing pickleball with other local participants? Open play is held every Monday, Wednesday and Friday (weather permitting). Schedule will alternate every month, ex: beginners meet in the morning in May and will switch to the later session in June. This format will be evaluated, and changes will be made accordingly.

9:00 am-11:30 am – Beginner to low intermediate
11:30 am- 1:30 pm – High intermediate/ advanced/ competitive

